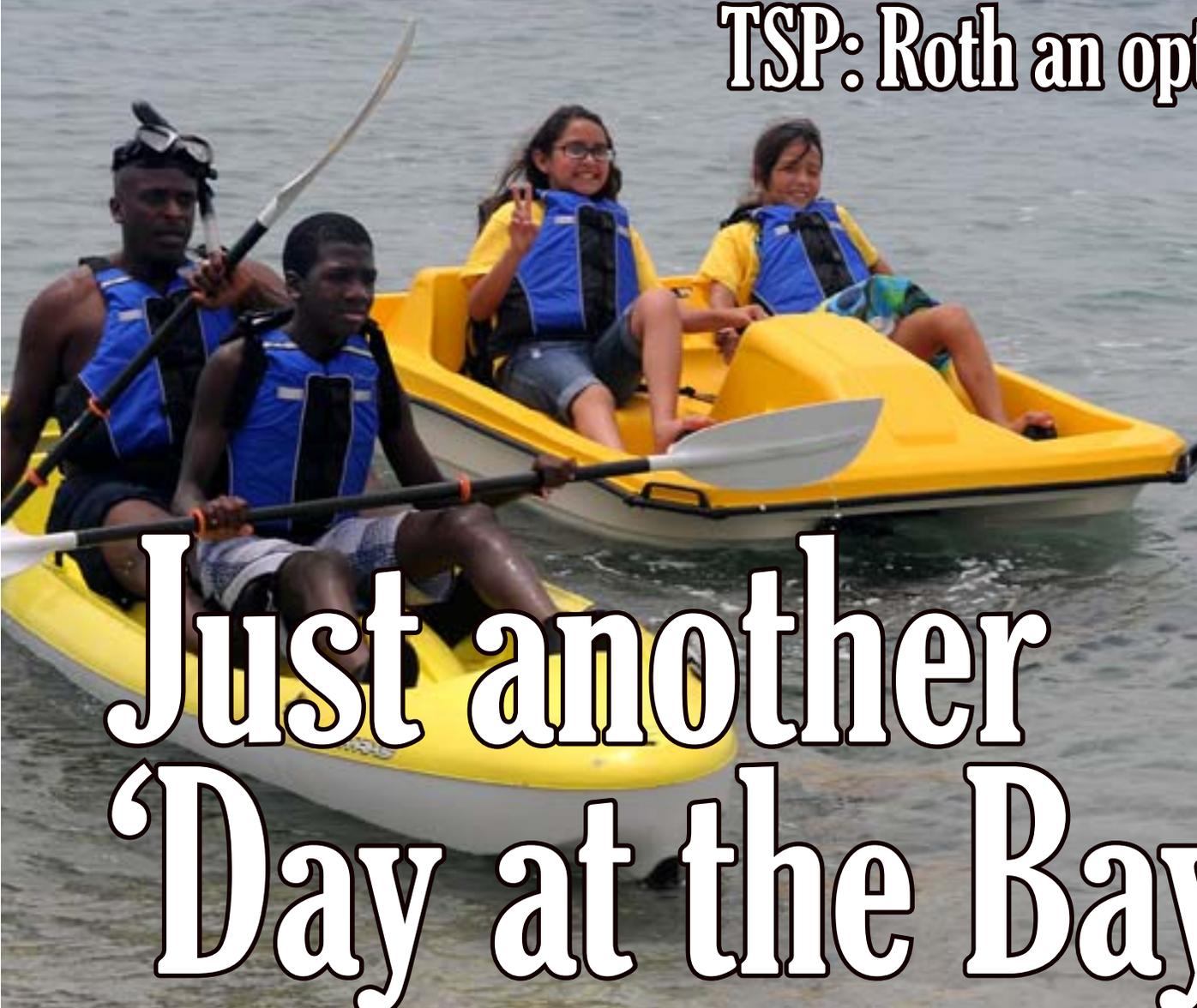


The WIRE

An award-winning
JTF journal

**Trooper Focus:
Airman loses
weight to fulfill life
goals**

TSP: Roth an option



**Just another
'Day at the Bay'**

COMMAND CORNER

CAPT. W. ANDREW DOCHERTY
CHIEF OF STAFF, JTF GUANTANAMO

I like the fact that we have signs on post announcing the “Value of the Week.” This is a great way to help us refresh our thinking on the foundational values of the Profession of Arms and help us use that perspective to help us better perform our mission and live our lives as military professionals. I expect that leaders throughout the JTF use these weekly values to start discussions about what sets us apart from those who have never known service and about the many reasons we should be exceptionally proud how professionally we perform our mission every day.

We use the core values of our respective services as the foundation upon which our professional conduct is built. They serve as the moral compass to provide clear direction for our actions when the fog and friction of the moment may make the appropriate course less apparent. For the Army, these core values are Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. For the Air Force, they are Integrity First, Service Before Self, and Excellence In All We Do. The Coast Guard’s are Honor, Respect, and Devotion To Duty. For the Navy and Marine Corps, our core values are Honor, Courage, and Commitment. For generations, these core values have helped illuminate the path for service members as we perform our missions and live our lives. Our adherence to these values is what makes us so well respected by the American public and the rest of the

world.

Again, I like the fact that we have these signs displaying the weekly values on post. It’s important to remember, though, that these values are equally important off-post as they are on-post. It’s absolutely critical that we continue to emphasize the importance of these values as an integral part of our non-mission actions, behaviors, and activities with as much diligence as we have used to make them part of the way we accomplish the mission. These core values must be a way of life both on and off duty, and it is only through the consistent application of these moral and ethical values that we can obtain the most basic component and fundamental foundation of the Profession of Arms – Trust.

“We use the core values of our respective services as the foundation upon which our professional conduct is built.”

As a profession, we have already earned the trust of the citizens we serve, and as the eyes of the world turn to GTMO for the upcoming military commissions arraignment for the alleged 9/11 co-conspirators, I am certain that our actions will continue to earn us the trust we deserve.

But by far the most important trust we need to maintain is from our own population of Troopers. All JTF personnel must redouble our efforts to live our core values on both sides of the fence line in order to preserve the vital foundation of trust which enables us to serve our fellow Troopers and our nation so effectively. Doing the right thing and taking care of each other is a 24/7 responsibility from which there is no relief. Each of us must continue to live the “Value of the Week” in every action, every day.

Cover: Children enjoy kayaking and pedal boats, just two of many attractions that were available at “Day at the Bay” at Ferry Landing beach April 28. The event celebrated The Month of the Military Child. —photo by Army Pvt. Loren Cook



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JOINT TASK FORCE GUANTANAMO

SAFE • HUMANE • LEGAL • TRANSPARENT

NEWS FROM THE BAY

Trail Blazers

Help keep the trails of GTMO beautiful and clean. The Trail Blazers are looking for volunteers to help cut grass, trim tree limbs, remove trash and anything else it takes to keep your hikes, trail runs and bike rides fun and easy. For more information, call Martin Sullivan at 8243/8242 or email Martin.E.Sullivan@jtfgtmo.southcom.mil.

Philippine Cuisine

On your way out of the NEX, stop at the fund-raising event for the 114th Philippine Independence Day Celebration.

The food sale is scheduled for May 13 and 27 and June 10 from 9 a.m. to 1 p.m.

Traditional Philippine dishes will be served including lumpia, pancit and adobo.

Filipino cookbooks are also available for \$15.

BINGO!

Due to renovation, starting May 6, Bingo is moving from inside the Windjammer to outside on O’Kelly’s Patio and will only be held Tuesday and Sunday nights at 6 p.m.

Please bring some type of paper weight for your tickets to offset any wind challenges.

For more information call the Windjammer at 75503.

Leather Craft Class

Every Tuesday at the Ceramic Shop from 7 p.m. to 8:30 p.m. \$15 per class.

Register at the Ceramic shop.

For more information call 74795/84435.

Night Golf

Don’t enjoy golfing during a nice, sunny day? Well the Yatera Golf Association is sponsoring a night of glow-in-the-dark golf May 19.

Sign up at the NEX Breezeway May 5 and 6 from 9 a.m. to 3 p.m. The cost is \$25.

Cart and glow-in-the-dark golf balls included. Clubs are free to rent.

College Courses

Columbia College is offering Math 106: Intermediate Algebra for their summer session beginning May 28.

Registration is open through May 27.

Classes are on Tuesdays and Thursdays from 6:30 p.m. to 9 p.m.

There are hundreds of courses available online.

Call 7-5555 for more information.

Reef Raiders

There is a club meeting May 8 at the club house. There will be burgers and dogs for dinner.

Bring your own liquid refreshments.

Become a member at the meeting!

Attention Divers

The re-compression chamber will be down for maintenance May 7 - 11.

Civilian and recreational diving will be secured at NAVSTA GTMO during this period.

For more information, contact the Command Diving Officer/Harbor Magistrate 4444.

Moonlight Run

The Marine Corps Security Forces Company is hosting a Moonlight Run May 11. Runners will depart Marine Hill at 6:30 p.m., and the route will be from the Northeast Gate to Kittery Beach.

Register at the Marine Hill Whitehouse Monday or Friday from 11:30 a.m. to 1:00 p.m. Registration costs \$25.

All proceeds will benefit the 237th Marine Corps Birthday Ball. For more information, call Staff Sgt. Tucker at 2643.

Acoustic Friday

Come out to enjoy easy listening music by Marty Castillo at the Bayview beginning May 11 from 6 p.m. to 9 p.m.

For reservations and more information call 75604.

North East Gate Tour

Cubans used to shine a spotlight at the Marine barracks at the North East Gate until a large eagle, globe, and anchor was built. Learn more about the history and lineage of the North East Gate and the United States Marines at Naval Station Guantanamo Bay.

Meet at Marine Hill Parade Deck every third Friday of the month at 11 a.m.

Anger Management

Don’t let anger manage you! Learn ways to stay in control at the anger management course at The Fleet and Family Support Center May 8 from 2 p.m. to 4 p.m.

Call 4153/4141 to register.

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The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by Defense Logistics Agency Document Services with a circulation of 1,300.



Moonlight Run – May 11

Trooper to Trooper

strive to communicate effectively

MASTER SGT. GARY CHAMBERS

FIRST SERGEANT, BASE EMERGENCY ENGINEERING FORCE

As members of the United States Army, Navy, Air Force, Marines and Coast Guard, we take pride in serving our country. We interact with each other as supervisors and subordinates to accomplish the mission. During these daily interactions, we give and receive instructions and advice and we ask questions. This is called communication.

Communication is defined as information conveyed or transmitted by one person to another or to a group of persons. Communication occurs when there is a message (conveyed information), sender (person giving message) and receiver (person obtaining message).

Effective communication requires more than just an exchange of information. For communication to be effective the sender must present the message in a manner understood by the receiver. In communicating with a subordinate, a leader needs to convey his or her message in a manner suitable for the subordinate to comprehend. The subordinate receives and

interprets the message. If there is any confusion in the communication, the subordinate asks questions for clarity.

As a continuance of effective communication:

- Smile when you speak to your colleagues; smiling requires use of 14 facial muscles while frowning requires 72.

- Be friendly, helpful and cordial in your communication

- Show genuine interest in the receiver of your message

- Be considerate of his or her feelings as they will affect communication

- Do not be afraid to display patience and humility, and a dash of humor when appropriate

These things will reduce stress among Troopers and allow them to fully comprehend what you are trying to convey. Your effectiveness will increase substantially.

The advantages of effective communication are:

- Troopers adopt your ideas
- Conflict is reduced
- Stronger relationships are established
- Productivity increases



Learn to communicate effectively. As a leader you will earn the trust and respect of your subordinates. As a subordinate, possessing the ability to communicate effectively will increase your ability to move up in the ranks and become the leader of tomorrow! Whether you are a leader or a subordinate, always strive to improve your communication skills.



TSP: Roth start up

Before or after, that is the question

By Sgt. 1st Class Kryn P. Westhoven

Starting next week Thrift Savings Plan (TSP) participants will have their first chance to make Roth contributions to the popular savings plan. The contributions provide tax-free withdrawals once you are of retirement age.

Unlike current TSP contributions, which are made with pre-tax dollars, Roth contributions come from money that has already been taxed.

"The Roth TSP is an important new feature that will give you greater flexibility in the tax treatment of your employee contributions," said TSP Executive Director Greg T. Long in a letter to participants on the www.tsp.gov website.

Although contributions made to the new plan are taxed, any interest earned is not. However, like the traditional TSP, certain IRS requirements have to be met in order for withdrawals to be tax free, like being at least 59 and a half years old before making any withdrawals.

If you are in a lower tax bracket now and expect to be in a higher tax bracket when you retire, then the Roth plan could be a viable option. You need to determine if you will be paying less in taxes now than your potential tax rate when you retire.

Another positive scenario would involve Troopers who go on to serve in a combat zone. If they qualify for tax-exempt pay, then in addition to being a tax-free withdrawal, Roth contributions wouldn't be taxed going in either.

Traditional TSP contributions are deducted from your pay before taxes, and the principal and earnings are taxed as you withdraw funds in retirement.

"I urge you to carefully consider whether Roth TSP would be to your advantage," added Long. The TSP website noted that, as with all tax matters, you should seek the ad-

vice of a qualified tax or financial advisor for information pertaining to your specific tax situation.

With the start of the Roth contributions option on May 7, you will potentially have two types of balances in your TSP account; the traditional TSP balance of pre-tax contributions and a Roth TSP balance. You will have to designate how much you will continue to place in the regular TSP and how much you will contribute to the Roth TSP.

Participants will still have all five funds and five lifecycle funds to choose from. What you will have is duplicate funds that with show either before tax or after tax contributions.

If you opt for a Roth TSP, money already in your TSP account will remain part of your traditional balance and cannot be converted to Roth contributions. You can transfer Roth 401(k), Roth 403 (b) and Roth 457 (b) monies to your TSP Roth, but not funds from a Roth IRA.

For either the traditional TSP or the Roth TSP, Troopers can receive a tax deduction equal to their contributions. This means members who contribute \$10,000 and earn \$50,000 have a taxable income of only \$40,000. The maximum contributions for Troopers younger than 50 is \$17,000, and for Troopers older than 50 the max is \$22,500.

For more information visit www.tsp.gov or sit down with Walter Barrett, a personal financial specialist with the Fleet and Family Services Support Center at U.S. Naval Station, Guantanamo Bay. Barrett is available every Thursday from 8 a.m. to 12 p.m. at the Fleet and Family Support Center satellite office located next to the Camp America post office. Call 4050 or 4141 to set up an appointment.

Super Troopers

Congratulations to the Joint Task Force Guantanamo Troopers who recently received commander's coins!

SPC Ladrillero
SSgt Thacker

TSgt Dixon-Scott
P02 Torio

New assignments opening to women

Department of Defense press release

WASHINGTON – The Defense Department announced today its assignment policy changes will be implemented May 14, opening 14,325 additional positions to women.

The two changes to the 1994 Direct Ground Combat Definition and Assignment Rule, announced Feb. 9 in a report to Congress, could not be implemented without a Congressionally-mandated notification period, which has now expired.

When implemented, occupations will no longer be closed to women solely because the positions are required to be co-located with ground combat units. Additionally, a sizable number of positions will be opened to women at the battalion level in select direct ground combat units in specific occupations. The services will continuously assess their experience with these exceptions

to policy to help determine future changes to the assignment rules.

"The secretary of defense has said this is the beginning, not the end, of a process," said Acting Under Secretary of Defense for Personnel and Readiness Jo Ann Rooney. "The department intends to continue to remove barriers that prevent service members from serving in any capacity in which they qualify."

Defense Secretary Panetta has directed the services to update him in six months on assignment implementation, to include efforts to pursue gender-neutral physical standards, an assessment of the newly opened positions, and identification of any further positions that can be opened.

"Women have contributed immeasurably to our efforts, here and abroad," Rooney said. "We simply could not do the mission without them."

PROTECT YOUR INFO! PSEC ALERT

Complacency

1. Self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies.
2. A feeling of being satisfied with how things are and not wanting to try to make them better.

Keep your eyes wide open and your head on a swivel, fight complacency!
Protect sensitive information. Use OPSEC!



Just another "Day at the Bay"

Background: A scurvy swashbuckler gives a landlubber child a high five.
 Opposite Top: The four water slides at "Day at the Bay" proved to be a popular attraction.
 Opposite Bottom: Children engage in an impromptu water fight.
 — photos by Pvt. Loren Cook



By Pvt. Loren Cook

Children slid down water slides, swam in the gently-rolling waves of the Caribbean or laid on inflatable icebergs and banana boats, paddled around in kayaks or pedal boats, played water balloon volleyball, played impromptu games of tag or engaged in water fights, and laughed merrily all the while. Meanwhile, parents shopped for arts and crafts, ate hamburgers and bratwurst, and watched their children.

Such was the scene at Ferry Landing Beach April 28, at the "Day at the Bay,"

which celebrated The Month of the Military Child with a splash!

"Day at the Bay is a fun, visible way to say to military kids 'Hey, we know you sacrifice too and we support you!'" said Chris Dickson, school liaison officer with Navy Child and Youth Programs, a branch of MWR.

The Coast Guard Maritime Security Detachment and the Marine Corps Security Forces Company both turned out to show their support. The MSST sent a rescue helicopter and mounted a swimmer rescue drill while the MCSFCO set up a static

display of a Humvee for children to look at and climb inside. The fire department also had a fire engine on display.

"We can plan a lot of cool events, but without volunteers helping out, they're just plans. We appreciate the help we get from volunteers contributing their time and energy to put this on for the kids and community," said Dickson.

Community organizations such as the Cub Scouts and Boy Scouts sold souvenirs and collected donations. Other attractions included free T-shirts, free kites, and a pirate mascot walking around giving high-fives.

"You have a lot to get ready, for a lot of people, so a lot is involved," said Dickson. "It's a multi-activity event with many moving parts for the entire community, so it takes extensive, lucid planning and organization. It was more like a three-ring circus!"

The highlight of the day was a performance by the "The Dirty Sock Funtime Band," a New York City-based children's music band. Kids laughed at the band's colorful outfits and danced to kid-friendly rock.

"The band was engaging and fun. They were flexible and adapted well to the setting. They were very good, both for and to the kids," said Dickson.

Although MWR faced a multitude of challenges planning and organizing the event, it was a success. Families showed up in force, and nary a sad face was to be seen.

"When all was said and done, it was worth it when I saw my daughter Amelia strolling around in a yellow shirt, all wet from enjoying her 'Day at the Bay,'" said Dickson.



TROOPER FOCUS

By Spc. Vanessa Davila

Humberto Hinojosa weighed 360 pounds six years ago. The Airman 1st Class from Missouri is now at Guantanamo Bay, and he is more than 150 pounds lighter.

“I just woke up one day and I was like I need to change my life; I want a future,” says Hinojosa.

The Airman has kept the weight off and continues to lose weight, always through discipline and determination. Those traits have carried over to his military career and made him one of the hardest working members of the Base Emergency Engineering Force (BEEF).

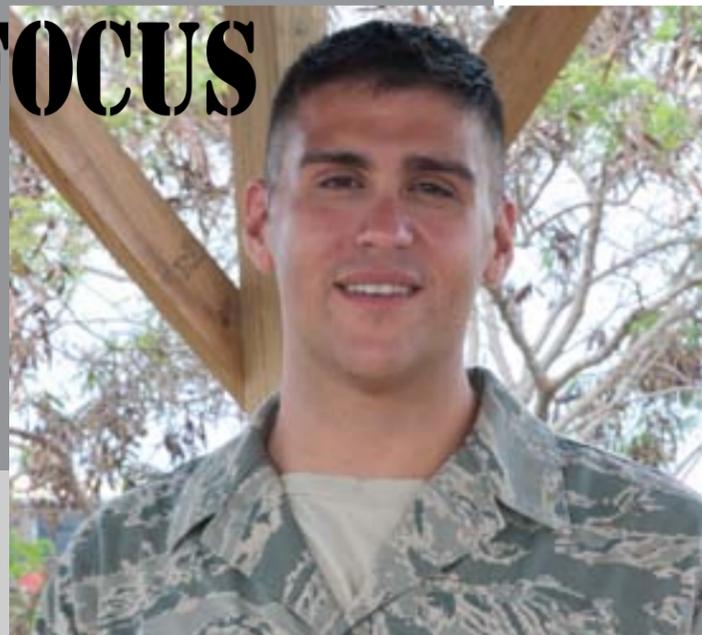
The BEEF is responsible for maintaining Camp Justice, which houses various personnel involved with commissions, as well as the Expeditionary Legal Complex (ELC). Hinojosa is a utilities craftsman in the BEEF’s utilities shop. He does plumbing work throughout Camp Justice and the ELC but a plumber Hinojosa is not – at least not when he’s back home in Missouri.

It was a young Hinojosa’s goal to work in law

enforcement, and he lost the first hundred pounds to make that happen. When he is not deployed as part of the Missouri Air National Guard’s 139th Airlift Wing, he is a jailer at the Platte County Sheriff’s department.

“I didn’t want to go to the same kind of job every day,” says Hinojosa about his job choice in the Air Force. “I was never handy with tools, so I joined civil engineering to better myself as a man and learn something different. I already know how to be a cop so why not learn how to be handy in something else? Now I can go home and help build my house if I want to.”

Despite Hinojosa’s Guard status, he has only been home for about four months in the last two years. As soon as he



returned home from tech school, he was informed of the Wing’s deployment to Guantanamo so off he went two months later. Before deploying, Hinojosa was working as a patrol officer but

was moved to the jail when his deployment orders came down. He is set to return home in July, and Platte County residents might just find him patrolling their neighborhoods again.

BULLET BIO: A1C HUMBERTO HINOJOSA

Time in service: 2 years

Hobbies: Playing sports, going to the gym, listening to music

The boss says: “He always displays a good attitude in everything that is asked of him. He’s one of the first to volunteer for anything.”

Advice to junior Troopers: “Get involved while you’re here. It makes your time go by faster.”

What’s your technique to beat the heat?



“Drink lots of water and take breaks.”

Sergeant
Nickolaos Simpson



“I like to go snorkeling in the bay.”

Staff Sergeant
Nathan Richard



“Stay inside!”

Hospital Corpsman 3rd Class
Leotis Dixon



“I like to sit under a nice, shady banyan tree.”

Yeoman 2nd Class
Janol Wright

BOOTS ON THE GROUND

Concerning Leadership



By Hospital Corpsman 3rd Class Dominique Cannon

It remains fairly surprising the number of individuals who have a difficult time understanding the psychology behind military leadership. Much like a fine wine, leadership improves with age. The more experience we have interacting with those who serve beneath our guidance, the more we discover different methods that cultivate the most desirable attitudes and working relationships. However, lacking thoughtful consideration of the drives and motivations of subordinates is where many servicemembers have the greatest amount of difficulty applying leadership.

War, unfortunately, is one of the oldest and most easily recognizable features of

human existence. In his book “War before Civilization,” archeology professor Lawrence H. Keeley says that throughout the course of recorded human history, nearly 90 to 95 percent of known societies have engaged in warfare. In fact, some of the oldest archeological sites known today are mass graves believed to be locations of early conflict. According to anthropology expert Raymond Kelly, a cemetery in Sudan dating back 14,000 years is the earliest known site of organized human violence. The crucial moment in history where humans faced each other in armed conflict is the moment that military leadership was born.

Organized in small bands of raiding parties, the discipline needed to defeat the

opponent was instilled by the chieftain. Mindful of both their surroundings and the disposition of those standing by their side, these ancient leaders exemplified effective military leadership. Although militaries around the world have evolved considerably from their prehistoric beginnings, the fundamentals of leadership remain the same.

Every kind of leadership requires a firm acknowledgement of your subordinate’s worth. Leaders too must acknowledge that, much like a sophisticated machine, each individual under their command provides a vital function necessary for the unit to work as a whole. In addition, possessing a level of professional comfort that allows subordinates room to put forth opinions on certain matters, as well as respecting such views, is crucial to establishing a good working relationship. No matter what your rank is, everyone wants to have a voice. While it may be difficult to balance discipline and liberties in a military environment, taking the extra step in assessing the wants and needs of your subordinates can make the process easier.

Most of us have developed the tools necessary to assess what works best for different people. However, taking that additional step to examine their character and figure out exactly what makes them “tick” can be uncomfortable for some. Learn as much as you can about your subordinates. Offer

see MBS page 11



NOTICE FOR Windward Loop Drivers

Capt. W. Andrew Docherty
Chief of Staff, JTF Guantanamo

Residents of Windward Loop have probably noticed the “No Right Turn” sign where the street joins Sherman Avenue. You may have also wondered why base police are enforcing this new restriction so aggressively... The reason for the sign is to prevent Windward Loop residents from driving east on Sherman Ave and cutting through the Villamar and Nob Hill neighborhoods to Skyline Drive on the way to the JTF. Residents have complained about JTF personnel driving too fast through their neighborhood (where the speed limit is 15) and the related construction area (where the speed limit is 5), and we need to immediately take steps to avoid cutting through in the morning and ensure we slow down when driving in any residential neighborhood. JTF personnel shall avoid transiting this neighborhood in the morning and anyone caught violating the “No Right Turn” sign or the posted speed limit will risk losing their vehicle privileges.

Movie Review

PG-13
104 min.

The Vow



By Mass Communication
Spc. 1st Class Ty Bjornson

What if the person you loved more than anyone else in the entire world one day did not know you anymore? Can you imagine? I cannot begin to fathom the sorrow I would go through. Unfortunately, this is a reality for people dealing with loved ones suffering from Alzheimer's disease or from a traumatic brain injury.

As I watched "The Vow," I imagined myself in the character of the husband's shoes. What startled me was how much of the movie actually reminded me of myself and of similar situations I've been in. I'll be honest; this movie definitely struck a chord with me.

The movie opens with young Chicagoans Leo (Channing Tatum, "21 Jump Street") and Paige Collins (Rachel McAdams, "The Time Traveler's Wife") leaving a movie theater late one winter night. They are madly in love and it's obvious from the get-go they are best friends. While they are driving home on slick roads, fate intervenes. That's when we learn of "moments of impact and ripple effects where some particles are brought closer and some are spun off into great adventures" that happen in life.

This is when a dump truck

rear-ends the young couple's vehicle which sends Paige sailing through the windshield. During her hospital stay, she is put in a medically induced coma to help her recover. When Paige is revived, her motor functions are good and her personality is sound. Leo is elated to see his wife on the mend, it appears she will not have any lasting injuries from the accident. Herein lays the ripple effect: Paige has no memory of Leo. She is unable to recall the last five years of her life. This includes changing her college major, her works as an artist and sculptor, her estrangement from her parents, and how and why she met and married Leo.

From Paige's perspective, Leo is a stranger. There is no passion for him as there once was. Without the last five years of memory, she still has feelings for her former fiancé, the handsome and somewhat snaky Jeremy (Scott Speedman, "Underworld"). He never wanted his engagement to Paige to end. For him, this might be a chance to pick up where they left off.

Leo's life is made even more complicated by Paige's meddlesome parents Bill (Sam Neill, "Legend of the Guardians: The Owls of Ga'Hoole") and Rita (Jessica Lange, "Big Fish"). With Paige's memory of their estrangement gone, her

parents now have a chance to implement a life "course correction" for her. Bill and Rita never wanted Paige to assume the career she did, and they certainly do not approve of Leo.

Channing Tatum is good as Leo. In spite of the many challenges that come from Paige trying to put the pieces of her life back together, he always tries to remain calm and even keeled. This is no small task for a man who, for the most part, lost his true love to "a moment of impact". Though hurt, he is determined to play straight with Paige and let her make her own decisions, including what she now wants to do with her life. Truly, if you love someone enough you will let them go.

"The Vow" is aptly named. It is the very premise of the Collins' wedding vows the movie is framed upon. What's interesting to note, is our couple wrote their wedding vows on their copies of the menu from the café prominent during their initial courtship: the Mnemonic Café. Nice touch with the name.

"The Vow" was inspired by the real-life couple Kim and Kickitt Carpenter. They were married for only ten weeks when an auto accident robbed Kickitt of knowing her husband at all. When asked "Who's your husband?"

Kickitt responded with "I'm not married". Tests revealed she had only maintained her long-term memories. She no longer had any feelings for her husband, Kim. "I don't have a visual memory in my head, and I have no memory in my heart."

The Carpenters faced over \$200,000 in medical bills for Kickitt's care. Kim did not think their marriage could survive. "This isn't my wife; my wife is in this body, trapped and trying to get out." Kim valued their marriage and was determined to make it work. "I made a vow before God. 'Until death do you part.'" It's been nearly 20 years since the accident. Today, they are happily married and have two children. Kickitt never did regain the memories she lost.

"The Vow" took creative liberties with the actual events on which it is based. A movie like this could have easily gone in so many directions. As it is, it is a bittersweet love story that deals with loss and heartache. How the movie resolves itself feels reasonably honest and noble.

I don't know if I would have had the stamina, will-power or heart that poor Leo had. He's a very idealist character with great personality traits and few or no flaws. Many couples probably wouldn't have handled this situation as well as the Collins. But the Carpenters did and that is a testament to their faith and determination.

"The Vow" works best as a date movie. If I had to complain, some events take place feel a little too convenient. An example is the scene where Paige meets a former acquaintance in the floral store. That chance encounter is there to provide a plot twist, but it felt a bit much and a little too late. Oh, well. I can forgive that and some of the other clichés. After all, this movie has heart. That's what brings this story home. For this kind of movie, isn't that what really matters?

MBS continued

them advice when they ask for it. Addressing problems outside work, such as financial issues, marital problems and family life can be a great way to establish yourself as a confidant to anyone under your command. Successful leadership is not always obtained by emulating those who led you in the past or by working

outside of the norm. It is by establishing a respectful bond with your peers, subordinates and superiors to collectively accomplish the mission that good leaders become great.

Outside of the individualized mental health services provided to service members stationed throughout Joint Task Force Guantanamo, we here at the Joint Stress Mitigation and Restoration Team

work hand in hand with leadership to help ensure that both personal and command-wide stressors are addressed. If you have any questions or just want to sit back, relax and enjoy one of our massage chairs, the JSMART clinic is open Monday through Friday from 7 a.m to 5 p.m and closed on the weekends and federal holidays. Call us during working hours at 2321 or, in case of an emergency, 24 hours a day at 3566.

**SAFE RIDE
84781**

**NAVSTA
Main Chapel**

<p>Daily Catholic Mass Tues.-Fri. 5:30 p.m.</p> <p>Vigil Mass Saturday 5 p.m.</p> <p>Mass Sunday 9 a.m.</p> <p>General Protestant Sunday 11 a.m.</p>	<p>Gospel Service Sunday 1 p.m.</p> <p>Christian Fellowship Sunday 6 p.m.</p> <p>Pentecostal Gospel Sunday 8 a.m. & 5 p.m. Room D</p>	<p>Protestant Communion Sunday 10 a.m. Room B</p> <p>LDS Service Sunday 10 a.m. Room A</p> <p>Islamic Service Friday 1 p.m. Room C</p>	<p>GTMO Religious Services</p> <p>JTF Trooper Chapel</p> <p>Protestant Worship Sunday 9 a.m.</p> <p>Bible Study Wednesday 6 p.m.</p> <p>For more information, contact the JTF Chaplain's Office at 2305.</p>
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**For other services, contact the
NAVSTA Chaplain's Office at 2323.**

	4 FRI	5 SAT	6 SUN	7 MON	8 TUE	9 WED	10 THU
Downtown Lyceum	The Lucky One (PG-13) 8 p.m. Silent House (NEW) (R) 10 p.m.	A Thousand Words (NEW) (PG-13) 8 p.m. Act of Valor (R) 10 p.m.	Wonderlust (last showing) (R) 8 p.m.	Tyler Perry's Good Deeds (last showing) (PG-13) 8 p.m.	Gone (PG-13) 8 p.m.	The Lorax (PG) 8 p.m.	The Vow (PG-13) 8 p.m.
Camp Bulkeley	A Thousand Words (NEW) (PG-13) 8 p.m.	Silent House (NEW) (R) 8 p.m.	Tyler Perry's Good Deeds (last showing) (PG-13) 8 p.m.	Wonderlust (last showing) (R) 8 p.m.	The Lucky One (PG-13) 8 p.m.	The Vow (PG-13) 8 p.m.	Act of Valor (R) 8 p.m.

Call the movie hotline at 4880 or see <https://intranet/movies.html> for more information.

Top: Rear Adm. David Woods chats with Maj. Tom Tuttle at W.T. Sampson Elementary School April 30.

Bottom: Rear Adm. David Woods receives a box of Girl Scout cookies from Maj. Tom Tuttle. Tuttle organized the delivery of 10,000 pounds of Girl Scout cookies in conjunction with the Girl Scouts of Southcoast Florida program "Mints for the Military."

— photos by Mass Communications Spc. 1st Class Ty Bjornson



Cookies at Shutter Speed

